Key Issues of Consultation for a Counselor

Megan Soulsby

Liberty University

Annotated Bibliography/Summary

Even from the 1960’s, the Association for Counselor Education stated an importance of consultation within school counseling. In 1966, consultation was strongly encouraged and emphasized. According to Lin, Kelvin & Nelson (1996) consultation refers to the interactions between significant adults (administration, school teachers, parent) and the school counselor in order to better a child’s needs. Lin, Kelvin & Nelson (1996) therefore performed a study on counseling and the affects on consultation.

The study focused on key issues that need to take place in consulting. One point was communication. It was stated that communication was essential for creating an interpersonal process. The studied was performed by using the Revised Hill Counselor Verbal Response Category System which consisted of different verbal responses during a therapy session. The different verbal responses used were self-disclosure, confrontation, interpretation, open questions, paraphrase, closed questions, direct guidance, approval, silence, and encouragement. During each counseling session, counts of the different verbal cues were kept.

The data was collected by an auto tape of different counseling session and then the audiotapes were viewed by coders who were trained in knowing how to decode the different cues. Lin, Kelvin & Nelson (1996) found that the most occurring responses were open questions, paraphrase, information providing, and closed questions. It was also found that counselors asked more open ended questions in counseling sessions versus a consultation session.

Critique

Lin, Kelvin & Nelson (1996) added in their journal article that some critics had problems with this methodology because the critics believed that not all the research was performed in a field oriented, naturalistic, programmatic, and descriptive settings. Also, some of these observations were made with graduate students as the consultant and thus the critics believed this could affect the outcome of the statistics. Critics also believed that the “single most important process variable in consultation takes place in the initial interview” (Lin, Kelvin & Nelson,1996, p. 389). Therefore, the critics felt as though the study should take place among the first sessions for the consultants.

Overall, as a consultant it is very important to study body language and verbal questioning. For as a counselor, one learns that how a counselor asks a question or even speak can determine if the client is going to truth the counselor. If a counselor is very short then the client my feel the need to be short. If the counselor develops an open talking relationship and a therapeutic alliance, then the client will be more apt to feel comfortable taking to the counselor and thus resulting in a better outcome of the session. It is interesting to know and to keep in mind that the first session is the most important session when trying receive information and the more that a counselor make the client feel comfortable the farther the counselor will get with their client.

References

Lin, M., & And, O. (1996). A Comparative Analysis of the Interpersonal Process

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